

## THE HURLERS & THE CHEESEWRING

Distance: 3½ miles (5km)  
Start/finish: Hurlers car park, Minions, a little SW of PL14 5LW  
Terrain: Path, track, open moorland  
Toughness: Easy to moderate  
Ascent: 103 metres  
Navigation: Easy to moderate  
Good for: Moorland, views, history  
Route info: [wildrunning.net/05](http://wildrunning.net/05)

Bodmin Moor's bleak wilderness is peppered with stone circles and great tors. The Hurlers and the Cheesewring are among the best known. Starting near Minions, the highest village in Cornwall, follow tracks NW from car park past the three circles of The Hurlers. Continue on obvious path until you can bear R to the Cheesewring, a towering stack of a rock formed over thousands of years by glaciation and weathering. Scramble to the top for breathtaking views. Descend and follow paths NNW until back on the main path heading N. Great running towards Sharptor, bearing R at the road and following the old tramway back past Cheesewring Quarry to return to car park.

Miles	Km	Directions
0.0	0.0	From Hurlers car park head <b>north west</b> along obvious track
0.2	0.3	Pass Hurlers stone circles on right hand side. Continue along path
0.6	1.0	Take <b>right</b> fork where track splits and follow track <b>north</b>
0.8	1.3	Bear <b>right</b> , heading <b>east</b> on track towards Cheesewring stone stack
1.0	1.6	Leave track heading <b>north</b> up small paths to Cheesewring
1.2	1.9	Head back <b>west</b> along small paths through scree
1.3	2.1	Join larger path heading <b>north</b> to contour hill to reach road at Sharptor village
1.7	2.8	On reaching road at Sharptor turn immediately <b>right</b> to head <b>south east</b> along track
2.3	3.8	Turn <b>right</b> off track, heading <b>west</b> along path to join main track from Cheesewring quarry
2.4	3.9	Turn <b>left</b> on track, heading <b>south east</b> back to Minions
3.2	5.1	At road turn <b>right</b> , returning to start/finish car park